



The voice of the

HWARANG



Volume 4, No.2

For the warriors of UFL

August 21, 2001

What's up

Cultural Tour

There is a free cultural tour to Kyong Ju City available for selected E-4s and below. Sections must submit names to 1st Lt. Franklin or Sgt. Maj. Benson by 4 p.m Thursday at 764-3043.

The tour is open to all CP Oscar personnel at a cost of \$25, and will be Sunday and Saturday from 8 a.m. to 7 p.m. Meals are not included in the cost.

Bowling Center

The Camp Walker Bowling Center has X-treme Bowling available every Saturday from 7:00 p.m. to 10:00 p.m.

MWR Tents

Free movies are shown at the three MWR tents at Camp Walker and snacks can also be purchased. All MWR tents are open 24 hours and are located near the Butler Buildings and tent city.

Calling Home

Using access numbers provided by major U.S. long distance companies could save you money when calling home, depending on your particular service provider. Just call the number and follow instructions.

AT&T.....550-4663

MCI 550.....550-2255

SPRINT.....550-3663

Pre-paid phone cards, which can be used on both DSN and civilian lines, are also available at several locations on post. They average

IT'S PT TIME!

Camp Walker Kelly Physical Fitness Center

By Cpl. Kim, Chan-Hee

Just because soldiers are involved in an exercise does not mean they should skip their physical training. Here at Camp Walker, the Kelly Physical Fitness Center is available to

ensure a place for soldiers to get an efficient physical workout.

The Kelly Fitness Center is one of the prides of Camp Walker. It is located in Building S-261, between the Soldier's Memorial Chapel and the

Camp Walker Post Office.

The center has biomechanically correct fitness equipment available and other programs for those who want to stay active while at Camp Walker.

There are many ways to get fit, and cardiovascular exercise is one of the best methods for an aerobic workout. The center has a spacious cardiogram room with the latest cardiovascular machines, running, step-masters and bicycle machines to go around. In the weight room, off-shift soldiers can work their muscles on clean, spotless machines while listening to soothing music played on the interior speakers. If you are unfamiliar with the equipment, the Fitness Center Staff will be happy to assist you by appointment.

"We are open from 4 a.m.

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Cpl. Kim, Chan-Hee

Capt. Steve Susic of 2nd Engineers Bn., 2nd Infantry Division works on his abdominal muscles.

EUSA Band provides security at the gate

By Pfc. Kim, Nam-Kwan

During Ulchi Focus Lens 2001, they check every person and every bag that passes through the gate; however, they are neither security guards nor Military Police. They are members of the Eighth United States Army Band.

In garrison, the EUSA band's mission is to entertain audiences with musical performances. But during wartime, their mission changes to providing security for Command Post

Oscar.

Yet, "the mission remains the same — keeping eyes on making sure everything continues to be executed properly and securely," said Staff Sgt. Brian O'Neal, a saxophone player with the EUSA Band. He is night Commander of Relief at CP Oscar gate.

"Obviously, good security is a key to success in war. So we are an important part of the exercise," said, Cpl.

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The spirit of "Hwarang"

It's August, and warriors have amassed to show their combat readiness in this year's Ulchi Focus Lens exercise.

UFL is a routine, regularly scheduled summer exercise involving forces from both the Republic of Korea and the United States. It is designed to evaluate and improve combined and joint coordination, procedures, plans and systems necessary for the conduct of contingency operation of R.O.K and U.S. Forces.

Fifteen centuries ago, when this part of Korea was known as the Kingdom of Shilla, a group of Shilla warriors called the "Hwarang" demonstrated their battle skills and their nobility in this same area. The Hwarang was a youth organization led by a single "Kook sun," the spiritual leader. Under this leader, the Hwarangs led thousands of "Nangdo", to become a Hwarang. These young, aspiring warriors trained in martial arts and in academics, aspiring to become a Hwarang. A knightly code of conduct resulted from Hwarang-do training, and the Hwarang engaged in both military and spiritual exercises to cleanse and train their minds and bodies.

It is in the spirit of Hwarang that this newsletter was created to honor the servicemembers and events of this year's UFL exercise that demonstrate the spirit of Hwarang.

This newsletter is also available on-line at <http://www.korea.army.mil/pao/hwarang/hwarang3.htm>

If any of our readers know of any sections or individuals who possess this spirit of courage, intelligence and nobility, let us know by calling 764-3043 or e-mailing us at rozeanj@usfk.korea.army.mil.

Voices of UFL

What is your secret M.R.E. recipe?



CW2 Stephen
Campbell
EUSA Band

The secret of MREs is to save the chocolate brick in case you run out of ammo.



PFC Oscar Little
EUSA G-2

The real secret is to put enough hot sauce on them to kill the bland flavor.

The staff of the "Voice of Hwarang" (UFL 2001)

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The voice of the Hwarang is an authorized publication under the provision of AR 360-1 and is published on the internet at www.korea.army.mil/pao/hwarang/hwarang3.htm. Contents of the Voice of the Hwarang are not necessarily the official views of, or endorsed by, the U.S. Army. All editorial content of the Voice of the Hwarang should be directed to the Publication Editor or the NCOIC. The staff can be contacted at:
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Pfc. Lesly Good, 65th Press Camp



Fitness Center

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to midnight. There is always an attendant standing by to assist you," said Mr. Pae, Yun-Hyun, a sports specialist with the center.

In good weather conditions, there are several outdoor areas to play tennis, basketball and baseball for some enjoyable competitive sport. The center also has a grassy outdoor sports field where soldiers can play football or soccer.

If the weather turns bad, soldiers have a choice between racquetball, basketball or volleyball in spacious indoor courts.

Raquets, various kinds of balls, basketball shoes, towels and equipment can be loaned to valid identification card holders. The Kelly Fitness Center has something for everybody.

"I like it here. There are many new varieties of machines here better than anywhere else," said Pfc. Eric Provence, 188th Military Police Company.

Feeling hot and sweaty? How about a swim? There is a 25-meter indoor swimming pool with five lanes, which opens from 5 a.m. to 8 a.m. and again from 10 a.m. to 8 p.m. for the duration of the exercise.

The Center staff has a tip for those who want to use the facility. "If you want to avoid busy hours, avoid the gym during the peak hours between 5:30-7:30 a.m. and 6-8 p.m. Those are the busiest hours," advised Mr. Kim, Tae-Son, a part-time assistant with the center.

For more information 764- 4225 or 764-4253.

EUSA BAND

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Sim, Hoon Kook, EUSA Band Operation and security guard at CP Oscar.

It is not an easy job. They have to keep an eye on the gate of CP Oscar, 24-hours a day during the entire exercise period. According to Sim, the secret to night shift is fighting with boredom, bugs and the

temptation to sleep.

"It's nothing like my regular job, you have to keep your eyes open at all times. Sometimes it is a little stressful. But I'm proud of my contribution to this exercise," said night security guard and clarinet player, Spc. Jamie Boyles.

As with everything, there are complications.

Voices of UFL

What is your secret M.R.E. recipe?



PFC Kojo Asare
EUSA S-1

My secret is to mix the orange drink with the iced tea. It tastes like a specialty orange flavored tea.



2nd Lt. Amy Kinch
USATC-K S-4

Take the cocoa powder packet, mix in the peanut butter, add a little water for easier mixing, then spread over crackers and enjoy.

Pfc. Lesly Good



Sgt. Edward Davis, EUSA Band, verifies proper identification of all CP Oscar personnel entering the command post during his late-night shift.

"Sometime some people don't carry their CP Oscar badge. But they try to get in. They say, 'I have to go inside. I've got an appointment in there.' But you can't

go inside of CP Oscar without your badge. That's the rule," said Sim.

That is a rule that the band members "I" security guards are sworn to keep.



What's up

about ten cents a minute.

Security

Classified document security is the responsibility of each section. Sections should destroy classified material as it becomes obsolete. Also, individuals should avoid discussing exercise issues outside controlled areas. Locations of Command Posts, your role in the exercise, or the duration and scope of the exercise are never to be discussed over open telephone or internet lines.

Smoking Area

There is only one designated smoking area in CP Oscar and it is located on the backside of the EOAC near the G1 relocatable.

Smoking in other areas in the CP is prohibited. Leaders are prepared to identify violators of this policy.

Night meals

The procedure for issuing night meals to night-shift CP Oscar personnel has changed from previous exercises. Rather than one representative from each section signing for the entire sections meals, it is up to the individual to sign for his/her own meal.

Movies

Camp Henry
Pearl Harbor
7:00 p.m. Friday

For more information contact the Cp. Henry theater at 768-7732. MWR tents show various movies for free 24 hours a day.

Need to relax?

Check out the Community Activities Center

Spc. Shane P. Devine
65th Press Camp Headquarters

Want to get the most out of your down time?

Participants in Ulchi Focus Lens 2001 can find something to do at the Camp Walker Community Activities Center. It is located beside the dining facility, and during the exercise its hours are noon to 11 p.m., extended to benefit UFL soldiers.

Participants will find a library, arts and crafts center, and cyber café located in the same building.

On-site activities include, billiards,

The CAC also offers local tours. Some upcoming scheduled activities are:

1. Table Tennis Tournament:
August 25, 1 p.m.

Registration Deadline: August 24,
close of business (COB)

2. Chess Tournament: August 26, 1
p.m.

Registration Deadline: August 25,
COB.

3. Osan Shopping Trip: August 25,
departs 6:15 a.m., returns 8:30 p.m.
Fee \$5.00 per soldier.

Registration Deadline: August 24,
COB.

table tennis, chess and other games. There is a TV and music room for all to use. Personnel can rent musical equipment (including Portable Audio systems), bikes (comes with a helmet and vest), barbecue grills, ice shavers for the snow cone connoisseurs and those needing a cold treat, and just about anything else one could think of.

To find out how to get the most out of your free time, call the CAC at 764-4123/5919.



Spc. Paul M. Decker, HHC EUSA, shoots a game of pool at the CAC.

Spc. Shane P. Devine

Weather report for Daegu, South Korea

Weather

TODAY

cloudy

Wednesday
chance T-storms

Thursday
cloudy

